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If you are concerned about your weight, check the table “Suggested Body Weights.” It gives acceptable weight ranges for men and women of different heights.

Find your height on the chart. Look under the columns for men or women to find the acceptable range of weight for a person of your height. The lower weight in each range is for those with a slight build. Those with a heavy build should be closer to the higher weight listed.

**Suggested Body Weights**  
Range of Acceptable Weight

Height (feet-inches)	Men (pounds)	Women (pounds)
4'10"		92-119
4'11"		94-122
5'0"		96-125
5'1"		99-128
5'2"	112-141	102-131
5'3"	115-144	105-134
5'4"	118-148	108-138
5'5"	121-152	111-142
5'6"	124-156	114-146
5'7"	128-161	118-150
5'8"	132-166	122-154
5'9"	136-170	126-158
5'10"	140-174	130-163
5'11"	144-179	134-168
6'0"	148-184	138-173
6'1"	152-189	
6'2"	156-194	
6'3"	160-199	
6'4"	164-204	

NOTE: Height without shoes; weight without clothes.  
SOURCE: HEW Conference on Obesity, 1973.

Does the chart tell you something about yourself?

If you are concerned about your weight, you must look at the amount of energy (calories) you take into your body. Carbohydrates, fats, and proteins all contain calories. You must also be concerned with the amount of calories your body uses. Food energy (calories) is used to power your body systems. You need to "burn" calories to work muscles, to maintain body temperature, and to make needed body materials. So, the amount of calories you use is partly under your control. The more you exercise or work your muscles, the more calories you burn up. Exercise can really help you be in charge of your weight.

It is as simple as this: if you eat more calories than your body uses, those extra calories go looking for a "home." They find that "home" when your body stores them as fat.

Remember:

To GAIN weight, you must eat MORE calories (in food) than your body "burns up."

To keep your weight the SAME, you must eat the SAME number of calories as your body uses.

To LOSE weight, you must eat FEWER calories than your body uses.

A good general rule to remember is the "Rule of 10," which says:

**A person who consumes 10 calories a day MORE THAN their body uses will GAIN one pound each year.**

**But, the person who consumes 10 calories a day LESS THAN their body uses will LOSE one pound each year.**

If you are overweight, losing one pound each year may not seem like a large loss. What would happen if you decided to reduce your calorie intake 100 calories each day by cutting out:

- a can of soda pop?  
or
- a can of beer?  
or
- six teaspoons of sugar?

In one year, you would lose about 10 pounds!

Let's look at the other part of the weight control picture. Suppose you also started walking 30 minutes each day. That would "burn up" another 100 calories and would result in the loss of another 10 pounds during the year.

In this example, a **small reduction** in daily calorie intake and a **small increase** in daily calorie usage would cause a **loss of 20 pounds in one year**.

Many overweight people do not exercise more while they are losing weight. All they do to control calories is to eat less food. This can be a serious mistake. By eating much less food, they may not get the nutrients needed for health.

For example, getting enough dietary iron can be a problem, particularly for young women on a low-calorie diet. The RDA (Recommended Dietary Allowance) for women of child-bearing age is 18 milligrams of iron. Each 1,000-calorie unit of a good, nutritious diet supplies between 6 and 7 milligrams of iron. So, you can see how hard it is to get needed iron on a very low calorie diet of 1,000 or 1,200 calories.



What all this means is simply this: by increasing your physical activity while dieting, you don't have to cut out as many calories to lose a certain amount of weight as you would if you didn't exercise. This is the safest and most sensible way to control weight, because:

- you can eat enough to get all the nutrients your body needs, and
- you can tone up your muscles for a healthier, happier you.

So, if you want to lose weight, do it safely and sensibly.

**Control your calorie input  
and  
increase your calorie output.**





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